



THE LIGHTS ARE ON



AND CANADIANS ARE RIGHT AT HOME WHEN IT COMES
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Thursday, February 21, 2013



A dog's life isn't all kibble – THERE'S FRISBEE, TOO!

Milo, a two-year-old border collie, is not concerned about the weather in the least bit. Life is pretty good as long as his owner, Brad Weir, 32, of London, takes him out twice a day, and remembers the Frisbee. Thursday will see a mix of sun and cloud with a 40 per cent chance of flurries in the morning. Northwest winds will lighten in the morning, with a high of -6 C and a low of -11 C. MARK SPOWART/FOR METRO

Methadone policy could face challenge

Application rejected.

Company trying to open clinic says city rules the stiffest it's encountered in province



ANGELA
MULLINS

angela.mullins@metronews.ca

City rules governing where methadone clinics can open could soon face their first challenge at the Ontario Municipal Board.

Going to the OMB is one option Towards Recovery Clinics will consider if city council turns down its request to open a centre at 527 Wellington Rd., said Peter Earle, vice-president of outreach and development.

Council's planning committee rejected the proposal on Tuesday, siding with a staff recommendation. Full council will have the final say on March 5.

"We have to make some management decisions," Earle said on Wednesday, noting the company isn't expecting a win at council. "We have to give it some further thought."

Earle said his company has been trying to open a clinic in London since 2010. Efforts were put on hold when the city placed a moratorium on new facilities while staff draft-

Background

- Towards Recovery Clinics applied to open a methadone clinic in August, about five months after the city approved rules dictating where clinics can open.

- The first public meeting about the clinic was in October. Towards Recovery has been on hold, waiting on a staff recommendation about its request, since then.

ed new rules on where they can open.

City officials say the rules allow for clinics to open at about 800 sites across the city. Earle disputes that claim, saying there are "many, many fewer opportunities" when all factors, including available parking, are taken into account.

London has been the toughest market his company, based in Hamilton, has faced as it expands across Ontario, Earle said.

Outside a municipal board appeal, Towards Recovery might consider deferring its plans for a while or looking for another site. "We'd basically have to go back to square one again," Earle said about the latter option.



City of London construction workers repair a watermain on Clarke Road, which broke Wednesday morning. A section of Clarke, running approximately 100 metres between Whitney and Dundas streets, had to be rerouted because of the repairs. The detour, which brought traffic down to one lane in both directions, will remain in place until sometime Thursday, the city said. JOHN MATISZ/METRO

London doomed (to soggy week)

Environment Canada. January's wacky weather continuing through February, meteorologist says



JOHN
MATISZ

john.matisz@metronews.ca

This week's soggy conditions aren't going away anytime soon.

"There is a lot of changeable weather in store for the London area," said Environment Canada meteorologist

Local weather forecast

- **Thursday:** Mix of sun and cloud. 40 per cent chance of flurries. High of -6 C.
- **Friday:** Cloudy. 60 per cent chance of flurries. High of -1 C.

- **Saturday:** Rain showers or flurries. High of 1 C.
- **Sunday:** Cloudy. 30 per cent chance of flurries. High of 0 C.

Source: Environment Canada

Geoff Coulson.

Expect something similar to January's whirlwind, where temperatures reached record highs, only to tumble down below freezing within hours.

A snow squall watch was in effect for the area on Wednesday. Coulson says it's unlikely

the watch will be declared a warning, however, with mild temperatures touching down over the weekend.

Historically speaking, this type of flip-flopping — from rain to snow, back to rain — is not uncommon in southwestern Ontario, but 2013 has

been unique in some respects.

"In an average winter in the southwest, there's quite a bit of temperature change and precipitation," Coulson said. "But, in this particular winter, we've seen some dramatic changes in terms of what the temperatures been doing, what's been falling out of the sky."

The weather guru encourages Londoners to check forecasts daily because each day brings its own character.

"We will be flirting with the freezing mark lots over the next few weeks. This could possibly produce snow, ice pellets, rain," Coulson added.

London blazes. Stats detail human, financial toll of 2012 fires

When it comes to fires, 2012 proved to be a costly year.

The London Fire Department has released statistics on the number of fires they responded to last year as well as the total amount of damage caused, both the financial and human toll.

According to the department's figures, fire fighters responded to 374 blazes that resulted in one death and 28 injuries.

Officials say there were 168 residential fires, including the blaze at a southwest London apartment building that took

Total damage
\$9.6M

Estimated total damage of fires in London last year, according to the London Fire Department.

a man's life in October 2012. The city department also says there were dozens of cooking fires, as well as numerous blazes caused by smoking, candles, or lamps included in the residential tally.

AM980/AM980CA

Female business leaders give their take on federal budget, Canada's future

Eleven accomplished women. Tons of ideas for making Canada better.

MP Susan Truppe heard a little bit about everything from cutting government red tape to the need for improved public transit Wednesday as she sat down for a one-hour roundtable with some of London's leading ladies.

The talk was part of the federal government's public input sessions aimed at guiding the 2013 budget.

While gender-based issues were only a small part of the discussion, it's important to make sure women's voices are being heard, said Truppe.



London North Centre MP Susan Truppe, left, during a Wednesday roundtable. ANGELA MULLINS/METRO

who represents London North Centre and doubles as parliamentary secretary for the status of women.

"Usually, it's a bunch of men around a roundtable

By 14 per cent

Ont. public sector workers out-earn private sector

Public sector workers in Ontario earn, on average, 14 per cent more than their private sector counterparts, according to a new report by the Fraser Institute.

According to the report, public sector wages exceed private sector wages by 13.9 per cent, after adjusting for personal characteristics such as gender, age, marital status, education, tenure, size of establishment, type of job, and industry.

"As the Ontario government struggles with deficits and finding ways to constrain spending, public-sector compensation is one area that should be closely scrutinized," said Niels Veldhuis, Fraser Institute president.

"The fact is, government workers in Ontario enjoy a wage premium over their private-sector counterparts." AM980/AM980CA

Christopher Gale

Murder trial begins

The trial began Wednesday for a London man facing numerous charges, including second-degree murder, 2 1/2 years after he was accused of shooting his girlfriend to death.

Christopher Gale was 29 years old when he was arrested in July 2010, days after the body of Jocelyn Bishop, 21, was found buried in a shallow grave in a field behind the couple's home. An autopsy found Bishop died from a gunshot wound to the head. Gale has alleged his girlfriend committed suicide.

Gale is also charged with offering an indignity to a body and more than 20 drug- and gun-related offences. AM980/AM980CA

and a couple of women," Truppe said. "This way, I was sure to get a whole group of women, and their feedback is very important."

Sarah Merritt, manager of the Old East Village Business Improvement Area, said she's tired of hearing the same old message from Prime Minister Stephen Harper's Conservatives.

Job creation is important, Merritt said, but shouldn't be the government's sole objective.

"We really need to broaden the discourse," she said. "I feel like this government can do more." ANGELA MULLINS/METRO

Handshakes to harmony?

Good Neighbour Program. Western student leader says idea for garnering mutual respect with homeowners is so basic, it just might work

 **ANGELA MULLINS**
angela.mullins@metronews.ca

If you ask Patrick Whelan, a simple "hello" and a handshake could go a long way toward easing tensions between students and families living near Western University.

"I think the biggest problem is, we don't know our neighbours," said Whelan, president-elect of Western's student council. "It's really easy to keep your music up late and loud when you don't know your neighbour. But when you know they have kids who need to go to school in the morning, or they have to go to work, and things like that, it makes a difference."

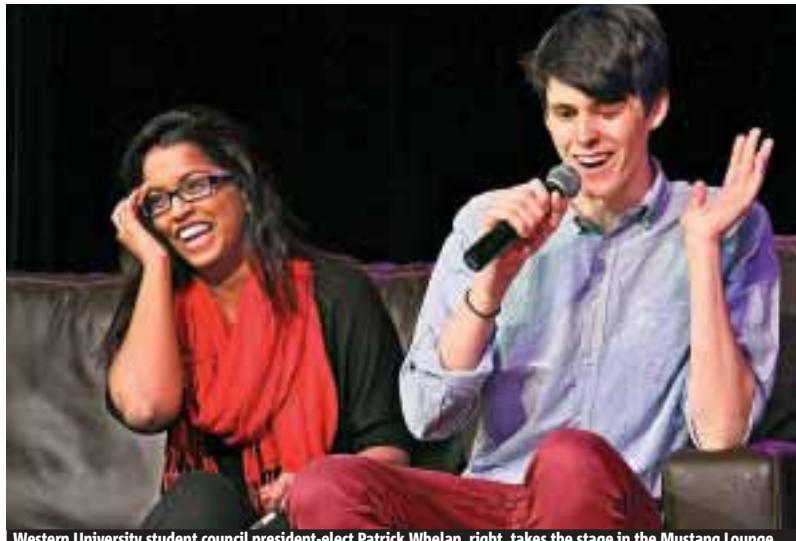
Building those relationships will be one of the biggest off-campus pushes for Whelan

Mr. President

- Western's incoming student council president Pat Whelan will graduate in May with a double major in management and computer science.
- Along with building relationships in near-campus neighbourhoods, Whelan plans to continue the sitting student council's push to make young voices a bigger part of building London.
- A partnership is being formed with Fanshawe College's student government to bring a unified platform of issues to city hall.

when he takes office June 1. The 21-year-old Hamilton native plans to start working with the city and university on what he's aptly dubbed a Good Neighbour Program.

Under his plan, student leaders and project partners would canvass homeowners over the summer explaining the idea and garnering their



Western University student council president-elect Patrick Whelan, right, takes the stage in the Mustang Lounge alongside his vice-president internal Sam Krishnapillai, moments after election results were announced Feb. 14.

ANGELA MULLINS/METRO

support. Students would have the message plied on thick when school starts in the fall.

Exactly how the message will be spread depends on the level of support shown by the partners Whelan hopes to bring on board.

The overall idea — building communities through positive interaction instead of increased police presence — is the same, no matter what the medium.

"We want to reach out to Londoners," Whelan said. "If we share the onus of introdu-

cing (one another) and sort of break down the reputation that students are just visitors, that could lead to changes.

"I think it's a step in the right direction. It's community building rather than community enforcement."

Conservatives can't get past gas plant closures

The controversy surrounding cancelled gas plants in Oakville and Mississauga that tied up all business at the Ontario legislature last fall blew up again Wednesday as the Conservatives used the first possible opportunity to revive a contempt motion.

And even though the New Democrats supported the Tories' move to send the rare contempt motion to the Justice committee, the Conservatives still demanded Premier Kathleen Wynne agree to a second committee to study the gas plants.

The Justice committee will only look at the Liberals' initial refusal to release all the gas plant documents, and won't be able to examine issues around the actual cancellations of the energy projects, said PC energy critic Vic Fedeli.

The Liberals were fuming

Blaming Bentley

"I believe that it's a personal attack on a member who worked very hard for the people of this province in every way, and he's not here now."



CONTRIBUTED

Premier Kathleen Wynne, saying the Tories' contempt motion targets former energy minister Chris Bentley

when the Tories revived the contempt motion as soon as the legislature resumed sitting Wednesday for the first time in four months.

The government said the of-

fer of a select committee into the gas plants was no longer on the table now that the opposition parties opted for the Justice committee option on the contempt motion.

It's the same motion the Tories moved last fall, which the Liberals say blames then-energy minister Chris Bentley for withholding the documents, even though he's no longer a member of the legislature and isn't actually named in the contempt citation.

Government house leader John Milloy insisted he and Bentley made honest mistakes last September when they told the legislature all the documents had been released, only to find another 20,000 pages a month later. The Conservatives aren't buying that line, which is why they immediately revived the contempt motion, said Fedeli. **THE CANADIAN PRESS**

Wynne government

Liberals are backing off wage freezes for broader public sector: Tories

It looks like the words "wage freeze" are disappearing from the new government's

vocabulary.

The Conservatives are accusing the minority Liberals of backpedalling on public sector wage freezes to fight Ontario's \$12-billion deficit.

Premier Kathleen Wynne says there are wage constraints in place to fight the deficit and that's what her government will continue

to do. But she didn't directly answer Tory Leader Tim Hudak's question Wednesday about whether wage freezes are now off the table.

Finance Minister Charles Sousa added fuel to the fire when he wouldn't say the words "wage freeze" outside the legislative chamber. **THE CANADIAN PRESS**

Glencoe

Woman charged with theft

A 25-year-old woman has been charged with stealing from a grocery store in Glencoe.

On Saturday at 2 p.m. Middlesex County OPP responded to an alleged theft in progress at a Foodland grocery store. Police were told that staff had located a woman suspected of stealing food.

Elizabeth Graham of Southwest Middlesex has been charged with one count of theft. She is scheduled to appear in a London court room on March 19. **METRO**

Middlesex Centre

OPP investigate break-and-enter

Middlesex County OPP are looking for at least one suspect in a recent break-and-enter on Greystead Drive in Middlesex Centre. On Feb. 11, suspects entered an unlocked residence and removed a quantity of jewellery and a cellphone. The theft is estimated to be valued at \$2,500. **METRO**



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NBL. Lightning look to improve down the stretch

Rodney Buford is not your average National Basketball League of Canada player.

He suited up with six NBA teams in as many seasons, before plying his trade in the European pro circuit for another five teams.



Rodney Buford
LIGHTNINGBASKETBALL.CA

The small forward reached the pinnacle of the sport, the NBA Finals, with Allen Iverson and the Philadelphia 76ers in 2001, and is now playing minor pro ball with the London Lightning.

After beating the Oshawa Power 115-103 on Wednesday night, Buford's Lightning are

Wednesday's head-to-head

The London Lightning beat the Oshawa Power 115-103

winners of four of the team's past six games. But at 27-4 overall, that's not a great stretch by any means.

"We have to play defence," said the 35-year-old. "That's something that we can't forget to do."

The Lightning, who have already clinched a playoff berth, have to make sure they don't lose focus, Buford says, especially with only nine games left in the regular season.

Clinching first overall is important for home-court advantage. JOHN MATISZ/METRO

Fusion

Time 4 Teens hosts Talent Showcase

Time 4 Teens, a youth program for those with an intellectual disability, will host the Fusion Talent Show on Friday at the South London Community Centre (1119 Jolna Blvd.).

Doors open at 6 p.m. Entrance fee is \$1 or the donation of a canned food item. METRO

Western Fair District

Two sporty shows coming up

The Western Fair District is hosting both the Golf Show & Sale and Sport & Recreation Show this weekend.

The events will run side-by-side on Saturday (10 a.m. to 6 p.m.) and Sunday (10 a.m. to 5 p.m.). Admission to both shows is \$5. Tickets are available at WesternFairDistrict.com. METRO

Pets? Cats rescued from deplorable conditions

Thanks to a tip from a London resident, six cats have been rescued from what the London Humane Society calls "deplorable living conditions."

Authorities with the local organization say they were first contacted last September by someone who told them the animals were living in extremely poor conditions in a downtown residence.

Humane Society officers investigated and subsequently

found a mother cat and her five kittens surrounded by fecal matter, left-over food, garbage and drug paraphernalia.

Officials said the six cats have since all been adopted after receiving medical attention.

As a result of the investigation and following court case, 35-year-old Jay Logan was found guilty of five charges of animal abuse.

AM980/AM980.CA

Stolarz given Knights' goalie reigns – for now

OHL. With a .929 save percentage, 'The Giant' is vying for the No. 1 spot heading into the playoffs

JOHN MATISZ
john.matisz@metronews.ca

Anthony Stolarz's nickname in London Knights land — The Giant — is about as self-explanatory as they come.

The netminder, who inherited a towering frame from his six-foot-seven grandfather, is a behemoth between the pipes at six-foot-six and 220 pounds (off skates).

With only 11 games remaining in the regular season, though, it's time for Stolarz to not only look large but also play large. The post-season is a month away, and the team needs a clear-cut starter.

"That's ideal, to be able to have a No. 1 goalie going into the playoffs," Knights goalie coach Bill Dark said.

Stolarz, a Philadelphia Flyers prospect, was in-



London Knights goalie Anthony Stolarz keeps his eye on the puck during practice at Budweiser Gardens on Wednesday. JOHN MATISZ/METRO

strumental in London's 5-1 statement victory over the Niagara IceDogs on Sunday, stopping 40 shots. On Friday, he'll be relied upon to douse a red-hot Sault Ste. Marie Greyhounds squad.

Since leaving the University of Nebraska-Omaha in early January, Stolarz, 19, has pieced together a .929 save percentage. The Jackson, N.J., native has started eight of 15 games, while also relieving Jake Patterson on three occasions.

"He covers a lot of the net, so it's hard for D to find a hole when shooting from the point," said Knights defenceman Olli Maatta. "For myself, I look for somewhere to shoot (during practice) and can't find anything."

Maatta says Stolarz has an outgoing personality, and is a good fit in the dressing room. However, the coaching staff at UNO has, understandably, not forgiven him for departing mid-season.

"It's a touchy subject," Stolarz said. "I made a commitment to play there for four years, left a roster spot open, took a scholarship away from someone ... but I mean, I just had to do what was best for my hockey career."

It's difficult to blame a guy who was receiving playing time in 35 per cent of UNO's games. It was unlikely Stolarz was going to dethrone John Faulkner, 25, or Dayn Belfour, 23, for the top job anytime soon.

The season prior, while with the North American Hockey League's Corpus Christi IceRays, Stolarz appeared in 50 of 60 games.

"Once I got the starting job, I never looked back," he said. Will he do the same in green and gold?

For 2014

Memorial Cup update

Through a press release, the Guelph Storm have announced they will not be bidding for 2014 Memorial Cup hosting duties.

"Although we were excited about the possibility of hosting the event once again, we have, upon

thorough review of the competitive landscape around the bid, determined that for a variety of reasons our organization could not be successful at this time," the release says.

This leaves the London Knights, Windsor Spitfires and Barrie Colts as the only franchises applying to host the national championship.

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SAVE OVER \$15

A 'smiling and happy' child, but she died in a prison cell

Ashley Smith's early years. 'You never saw that girl without a smile on her face,' her adoptive mother tells inquest

A homebody. An independent child who always had a smile on her face.

The adoptive mother of Ashley Smith painted this happy picture Wednesday of the troubled teenager who strangled herself in her prison cell.

"You never saw that girl without a smile on her face," Coralee Smith testified at the Toronto inquest into Ashley's death. "Most of her life, she was smiling and happy."

Coroner's counsel Marg Creal asked what Ashley liked.

"Oh my goodness, what did Ashley like? Quiet time

Quoted

"I'm too fat and I have acne."

Ashley Smith, talking after a session with a psychiatrist, according to Coralee Smith, her adoptive mother.

and doing her own thing. She loved her doll," Smith answered, her hands twisting a piece of paper. "Ashley was very independent."

Ashley was 19 when she strangled herself in her cell at the Grand Valley Institution in Kitchener as guards, ordered not to intervene, watched.

She had spent most of her last three years in segregation cells.

Coralee Smith, of Moncton, N.B., described how she and her husband of two years, Harold, adopted Ashley as a three-day-old in 1988.

The relationship with Harold soon ended, and Smith got involved with Herb Gorbler when Ashley was about three and a half years old.

Ashley became obsessed with knowing details of her parentage, Smith testified.

In Grade 9, Ashley was expelled for disruptive behaviour.

Ashley saw a psychiatrist. "She opined Ashley was just a normal teenager," Smith said.

At the start of Smith's evidence, presiding coroner Dr. John Carlisle expressed "heartfelt and sincere condolences" for her daughter's death.

THE CANADIAN PRESS



Coralee Smith, the adoptive mother of Ashley Smith, walks with lawyer Julian Falconer into the Toronto coroner's court on Wednesday. The inquest heard that Ashley wanted to know about her adoptive father, but Smith said she didn't have much information to give her. MICHELLE SIU/THE CANADIAN PRESS

Amazing 3D printer helps regrow a human ear



Cornell University's Lawrence Bonassar holds what will become a human ear with the help of a 3D printer. CORNELL UNIVERSITY/THE ASSOCIATED PRESS

Printing out body parts?

Cornell University researchers have shown it's possible by creating a replacement ear using a 3D printer and injections of living cells.

The work reported Wednesday is a first step toward growing customized new ears for kids born with malformed ones or people who lose one to accident or disease.

It's part of the hot field of tissue regeneration, trying to regrow all kinds of body parts.

Scientists hope using 3D printing technology might

offer a speedier method with more lifelike results.

"This enables us to rapidly customize implants for whoever needs them," said Cornell biomedical engineer Lawrence Bonassar, who co-authored the research.

Today, people who need a new ear often turn to prosthetics that require a rod to fasten to the head.

For children, doctors can fashion a new ear from the stiffer cartilage surrounding ribs, but it's a big operation.

Study co-author Dr. Jason Spector of Weill Cornell Med-

ical Center said the result seldom looks natural. Hence the quest to use a patient's own cells.

Three-dimensional printers, which layer materials to form shapes, are widely used in manufacturing.

The ear work shows "the technology now is at the point where we can print these 3D structures and they do become functional over time," said Dr. Anthony Atala, of Wake Forest Baptist Medical Center, who wasn't involved in the new research.

THE ASSOCIATED PRESS

How it's done

3D printers layer materials to form shapes.

- One.** The Cornell team started with a 3D camera that takes a picture of an existing ear to match.
- Two.** A 3D printer produced a soft mould of the ear. Then it was injected with a gel that produced cartilage.

most senior judges said Wednesday.

Appeal Court Justice David Doherty is one of five judges hearing six appeals involving mandatory minimum sentences.

The three-year mandatory minimum sentence for possessing a loaded prohibited gun was enacted in 2008 as part of the Tories' omnibus crime bill.

THE CANADIAN PRESS

Two groups complain

Tories accused of gagging federal scientists

The Conservative government is being accused of suppressing the release of scientific information.

The Environmental Law Centre at the University of Victoria and the ethics

watchdog Democracy Watch are asking the federal information commissioner to investigate "systematic efforts" to obstruct access to government scientists.

The complaint arises from a sweeping Conservative communications policy under which federal scientists must get permission before speaking publicly.

THE CANADIAN PRESS

Grisly discovery

Woman's body sparks mystery at infamous hotel

Police were trying to determine Wednesday if the death of a Canadian woman whose body was found wedged into a water tank atop a Los Angeles hotel was the result of foul play

or an accident.

The body of 21-year-old Elisa Lam of Vancouver was discovered Tuesday at the downtown Cecil Hotel.

The hotel had been the home of infamous serial killers, such as Richard Ramirez, known as the Night Stalker, and Austrian prison author Jack Unterweger, who was convicted of murdering nine prostitutes.

THE ASSOCIATED PRESS

A 'bad law'

Judge sounds off on mandatory minimum terms

A mandatory minimum sentence enacted by the federal Conservatives that sees first offenders sent to prison for three years on a gun-possession crime is a "bad law," one of Ontario's

Cross-country concepts

Innovation in Canada can be traced back more than 150 years and many Canadian inventions are still in use today. You may be surprised at some of the innovations that put Canada on the map.

COMPILED BY METRO CALGARY

B.C./Alberta



Java Java applets sound familiar? Calgary-born and educated James Gosling, along with partners Mike Sheridan and Patrick Naughton, brought us the now-widely used computer language, Java, which first rolled out to the public in 1995, is a computer language that can run on various platforms without having to be reconfigured.

Insite

North America's only legal supervised injection site is considered by many to be a great social innovation. The controversial program operated by B.C.'s Health Ministry and located in Vancouver's Downtown Eastside provides a health-focused site for injection drug use (heroin, cocaine, morphine). The clinic doesn't provide drugs, but helps administer addiction treatment, mental health outreach, and first aid to an area of the city with rampant drug use.



Atlantic Canada

Confederation Bridge

This 12.9-kilometre span linking P.E.I. and New Brunswick is a significant civil engineering innovation in Canadian history — allowing bridge building to be done over large bodies of water that freeze. The innovative design by Canadian company Straight Crossing Development Inc., protects the structure from the pressure of shifting ice packs.

Kerosene

More than 170 years ago, Abraham Gesner of Nova Scotia perfected the process for making kerosene, which fuelled lanterns and some heating units, and some of today's camping stoves. Unfortunately, because of conflict with a New Brunswick coal conglomerate, Gesner couldn't get financial backing for the product until he moved his business to Long Island, N.Y.



Central Canada

Instant replay

As Canadian as Saturday night hockey in our homes, so is the instant replay we see on all the great goals. Hockey Night in Canada producer George Reizlaff first pioneered the slow-motion instant replay during a 1955 broadcast. The replay broadcast several minutes after the initial play.

Pablum

A staple in any home with toddlers, pablum, the cereal paste with all sorts of nutritional value, was developed at the Toronto Hospital for Sick Children in 1930. The soft cereal, and others like it, is still widely used all over the world.



Prairies

Garbage bag

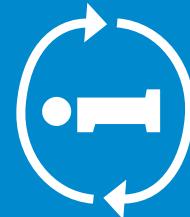
What is one man's trash is another's treasure. In 1950, Winnipeg engineer and industrial designer Harry Wasyluk and his partner Larry Hansen developed the first commercial disposable green garbage bag. The first bags were sold to the Winnipeg General Hospital. The invention was later purchased by Union Carbide, which brought us Glad garbage bags by the 1960s.

Air ambulance

Peace of mind in emergency situations was given a big boost in the mid-1940s, with the start of the Saskatchewan Air Ambulance Service (SAAS). It was the first non-military, government-operated air ambulance service in the world to take flight. It allowed emergency crews access to remote areas to provide service where ground ambulance was unavailable. Air transport is now used as a regular emergency services regimen around the world.



Canada Innovates



Part 2

Notice anything different? Part 2 of Metro's look at innovation in Canada is laid out with a vertical design. Not only does it enable a clean, sharp look at some of Canada's best ideas and the people who brought them to us, but it also serves a practical purpose.

The vertical layout is an idea born in the tight confines of mass transit, where you often bump elbows with your neighbour on the train or bus. Reading a paper this way can take up less space, in turn giving those around you more.

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Tomorrow, we punch in a few key words in our design as we look at past failures and innovative ideas for solving them.

Exclusively online

Not every invention ever made is a hit. Visit metronews.ca/badideas for our gallery of the worst inventions ever.

Patience, collaboration and perseverance: Four grass-roots innovators come up with new solutions to old problems.

DARREN KRAUSE/METRO

Heather Young — Young Associates

ALLOWED UNORGANIZED GROUPS TO FOCUS MORE ON ART

At first, Heather Young didn't know much more about arts administration than the students she taught at Humber College in Toronto 20 years ago. But what she quickly learned in trying to teach sound fundamentals of arts management was that hard information on the topic was difficult to muster — let alone make available to budding artists and art groups. As good innovators often do, she saw a need and filled it. Young crafted her own materials, including *Finance for the Arts in Canada*, a textbook and reference guide to aid in running an arts organization. Her company, Young Associates — with a staff of 12 — now serves as a financial management resource for 90 Toronto companies. She's soaked in years of knowledge working with arts groups in the city — something she believes is essential for innovation.

"Get to know your subject area as intimately as you possibly can," she said. "You need to know the upsides and downsides of what you're working on ... and in particular the gaps in the available supports."

Arts



Christine Causing — Edmonton NextGen

HELPED GENERATE CREATIVE IDEAS THROUGH CONNECTING CREATIVE MINDS

Ideas are aplenty. But bringing like-minds together helps incubate those ideas and connect people with partners who can really make things happen. That's the idea behind successful Pecha Kucha events like those held in Edmonton, under the leadership of Christine Causing, co-ordinator for Edmonton Next Gen.

Next Gen's mandate is to create "a hub for connecting people, places, community and ideas together," something Causing believes is essential for an idea to move forward.

"It's all about exposure for ideas," said Causing, who has helped steer 14 successful Pecha Kuchas since 2007, with a 15th slated for the first week of March. "It starts a whole conversation about an issue or an idea or even something city council should be doing."

Sometimes it's the planting of a seed, said Causing, sometimes it's a conversation, or awareness about something happening in the community. Creating a space where ideas and individuals collide stimulates further innovation. "It brings people together to share ideas," she said. "You can meet people who are directly involved in making things happen in the city." For more information, visit edmontonnextgen.ca.



Dr. Michael Montgomery — Kinetica

HELPED BUILDINGS STAND UP TO EXTREME WEATHER

In his words, it's a simple application for a long-standing problem. Working on his PhD at the University of Toronto, Dr. Michael Montgomery was looking for ways to safely limit the vibration of buildings in earthquake and high-wind situations. Montgomery sought to replace stiff, mediocre-performing reinforced concrete with high damping rubber in performing steel plates throughout the structure of the building, effectively absorbing energy triggered by high winds or earthquakes. The technology has been used elsewhere, but never caught on in North America. Montgomery refined the configuration of an older system, which was initially retrofitted to an extent in the World Trade Centres back in the 70s, to come up with a new solution for modern buildings.

"One of the key things for this innovation,"

was to be practical," said Montgomery, who

is now CEO of the Toronto-based company

Kinetica. "If you understand an industry very well,

and you know what's currently lacking, it's a lot

easier to develop something practical and

meaningful."

Terry Bigsby — Aspenware

MADE CANADIAN MEALS MORE GREEN BY INTRODUCING ECO-FRIENDLY CUTLERY

For woodshop instructor-turned entrepreneur Terry Bigsby, innovation was a long-term labour of love. In 1997, Bigsby saw the merit in a German wood cutlery product for its eco-friendly qualities, but got a rude awakening when he travelled to the Fatherland only to hear the \$50 million price tag to import the technology to Canada. That's when he set to work on a made-in-Canada solution.

Multitaward-winning Aspenware's compostable, single-use wood cutlery is textbook innovation. Bigsby's team of 15 collaborated over the next decade to develop a worldwide patented process to produce biodegradable wood cutlery faster, more efficiently and using source material typically not desired in the production of wood tools. He now produces cutlery 10 times faster than the German system he sought 15 years ago. Bigsby, president of the Vernon, B.C.-based company, said he could talk for hours on the lessons he's learned being a passionate innovator — from being ready for the "curve ball" to not being greedy. The one piece of advice he believes is most valuable for innovators is to see things through. "It's the stick-to-itiveness," he said. "If you have an idea that has value and merit — stick to it." Visit aspenware.ca.

Manufacturing

Collaboration



Justin Bieber. Phone calls released in alleged plot to kill and castrate pop star

Newly released audio of phone calls made last November from a New Mexico prison is shedding new light on an alleged plot to murder teen pop star Justin Bieber.

Police say the calls were between Dana Martin, the 45-year-old prisoner accused of masterminding the plot, and one of the men he allegedly hired to carry out the gruesome plan.

In the tapes, Martin tells the nephew of a former jailhouse friend how to suffocate Bieber using a paisley scarf — apparently his signature move.

"Tie it really, really tight, knot it in the front once really tight, and put in a knot, and that cuts off the oxygen, and then tie it in the back again," Martin tells Tanner Ruane.

"That just seals the deal," he adds.

In another clip, he asks Ruane whether his uncle, Mark Staake, has gone over "the Bieber thing" with him.

"Nah, the way I like to work, dude, the way I work — I like to know as little as possible," Ruane replies.

At another point in the



Justin Bieber
THE ASSOCIATED PRESS

call, however, he tells Martin they have bought hedge clippers, which police have said the would-be killers were to use to castrate Bieber, his bodyguard and two other men unconnected with the star.

Authorities say Martin, who is serving two life sentences in a New Mexico prison for the killing of a 15-year-old girl, told them he had hatched the scheme after Bieber never returned messages he sent to the 18-year-old singer.

The plot allegations have not been proven in court.

THE CANADIAN PRESS

Israel. Soldier punished for posting nude photos, denigrating Arabs online

Israel's military says it has reprimanded a soldier who posted photos of himself naked — with a rifle concealing his genitals — and made derogatory comments about Arabs on social media sites.

Capt. Eytan Buchman, a military spokesman, described the incident as "severe" and said Wednesday that the soldier's conduct is still being investigated.

The soldier published the material on his Facebook,

Twitter and Instagram accounts. The images were then published on "Electronic Intifada," a pro-Palestinian website. It quoted the soldier's Facebook status as saying he just joined the army "to beat up terrorists."

It was the latest in a string of incidents in which soldiers have posted inappropriate material online.

Palestinians say it reflects widespread contempt that Israeli soldiers have for them.

THE ASSOCIATED PRESS

National pride

Argo gala soothed Canucks: Film co.

The company behind the film Argo felt a star-studded, \$23,000 screening and reception at the Canadian embassy in Washington last fall helped smooth over some of the bad press the movie received for appearing to give short shrift to the role Canadians played in the 1979 Iranian hostage crisis.

Documents obtained by The Canadian Press reveal Time Warner considered the event a "Canada love-in." THE CANADIAN PRESS

Crime spree

Barefoot Bandit faces new charges

The troubles aren't over for the "Barefoot Bandit," who led police on a two-year crime spree in stolen boats, cars and planes.

Colton Harris-Moore, 21, is already serving a seven-year jail term and faces new theft and burglary charges in Washington.

The prosecutor declined to sign on to the plea deal resolving state charges and filed new charges this month relating to the theft of a plane.

THE ASSOCIATED PRESS



The question now is whether the troubled testimony will be enough to convince the chief magistrate to deny Oscar Pistorius bail. THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecution falters in Pistorius case

Murder charge. Police offer shaky testimony, admit forensic blunders

The prosecution case against Oscar Pistorius began to unravel Wednesday with revelations of a series of police blunders and the lead investigator's admission that authorities have no evidence challenging the Olympian's claim he killed his girlfriend accidentally.

Detective Hilton Botha misjudged distances and said testosterone — banned for professional athletes in some cases — was found at the scene, testimony the prosecution later withdrew, saying the substance was still being identified.

The second day of what was supposed to be a mere



Reeva Steenkamp HANDBOUT, COURTESY OF STIMULUS/THE ASSOCIATED PRESS FILE

Accusation

Authorities are selectively taking "every piece of evidence to try to extract the most possibly negative connotation and present it to the court."

Barry Roux, defence attorney

bail hearing resembled a full-blown trial for the 26-year-old double-amputee, with his lawyer, Barry Roux, tearing into Botha's testimony.

Police, Botha acknowledged, left a 9-mm slug from the barrage that killed Reeva Steenkamp inside a toilet and lost track of illegal ammunition found inside the house. And the detective himself walked through the crime scene without protective shoe covers, potentially contaminating the area.

Pistorius says he mistook Steenkamp for an intruder,

while prosecutors say he planned the killing and attacked her as she cowered behind a locked bathroom door.

The day seemed to start well for the prosecution: ballistic evidence, Botha said, showed the bullets that killed her had been fired from a height, supporting the prosecution's assertion that Pistorius was wearing prosthetic legs when he took aim.

The athlete has maintained he was standing on his stumps, and felt vulnerable as he fired from a low position.

Projecting a diagram of

the bedroom and bathroom,

prosecutor Gerrie Nel said it showed Pistorius had to walk past his bed to get to the bathroom and could not have done so without seeing that Steenkamp was not asleep.

Testimony began with the prosecutor telling the court that before the shooting, a neighbour heard "nonstop" shouting at Pistorius' home.

However, Botha later said under cross examination that the witness was in a house 600 yards away, possibly out of earshot. He cut that estimate in half when questioned again by the prosecutor.

Still, Botha offered potentially damaging details about Pistorius' past, saying the athlete was once involved in an accidental shooting at a restaurant in Johannesburg and asked someone else "to take the wrap." THE ASSOCIATED PRESS

Accused applied for more guns

Oscar Pistorius applied for firearm licences for six more guns weeks before the shooting death of girlfriend Reeva Steenkamp, according to records obtained by The Associated Press.

The applications were made Jan. 22, three weeks before Pistorius shot his girlfriend dead with a licensed 9-mm pistol.

In details obtained from the

South African Police Service's National Firearms Center, Pistorius applied for licences for a Smith & Wesson model 500 revolver, a .38-calibre Smith & Wesson revolver, a Vector .223-calibre rifle and three shotguns: a Mossberg, a Maverick and a Winchester.

The details were provided by two officials at the govern-

ment department. They refused to give their names because they were not authorized to speak to the media.

Pistorius registered the handgun used in the killing for self-defence, the firearm centre officials said. The six outstanding applications listed those guns for his private collection.

THE ASSOCIATED PRESS

Consumers in denial. Keep taking our pennies – please?

Nearly three-quarters of Canadians want retailers to keep accepting the one-cent coin even though it's being phased out, says a new survey.

The Bank of Montreal poll found that 73 per cent of those surveyed expect retailers to keep taking pennies — regardless of the circumstance or amount of their purchase. And 59 per cent say small businesses should adjust their prices to benefit the consumer.

"Business owners are completely aware that they don't want to inconvenience customers; they want to maintain their relationships," said Joe Collura, a small business area manager with BMO in Toronto.

Retailers who decide to no longer accept pennies as part

Retailers' choice

- The Royal Canadian Mint has officially ended its distribution of one-cent coins to Canada's financial institutions, but businesses can still accept the pieces as long as they choose.

of cash payments will have to round up or down purchases to the nearest five cents. However, electronic transactions would still be registered in cents. The online survey was conducted by market research firm Pollara between Feb. 7-10 with a random sample of 1,400 adult Canadians. **THE CANADIAN PRESS**

Cross-country recall

E. coli found in Safeway frozen burger patties

Health officials are investigating another massive cross-country beef recall after frozen burgers sold by Canada Safeway Ltd. tested positive for E. coli bacteria.

Several Safeway brand burgers are being examined, including Gourmet Meat Shoppe Big & Juicy Burger, Gourmet Meat Shoppe Prime Rib Burger and Butcher's Cut Beef Patties. The investigation was sparked after two people in Ontario and Manitoba became ill and tested positive for E. coli on Feb. 13. **THE CANADIAN PRESS**

One in 4 Canadians are tablet owners

Usage trends. Survey finds we're most likely to use these 'mobile' devices at home

The iPad is still king; those addicted to their tablets read more news and watch more streaming video; and the popular gadgets are mostly used at home, even though they're often called "mobile" devices, says a new report that details how Canadians are adopting and using tablets.

According to the report by the Media Technology Monitor, a research product of the CBC, an estimated 26 per cent of the population had a tablet as of last fall. Tablet ownership had more than doubled in a year and was up from just five per cent in the spring of 2011.

Of the tablet owners, almost two-thirds had an iPad, while about 15 per cent each had purchased either a BlackBerry PlayBook or a Google Android device.

Owners of iPads were found to be the most enthusiastic about their purchase.



Tablet ownership in Canada has more than doubled in the space of a year, according to a Media Technology Monitor report.

CHRISTOPHER FURLONG/GETTY IMAGES

While a vast majority of all tablet owners said they would definitely or probably recommend their device to family and friends (86 per cent), the numbers were even higher for those with an iPad, at 91 per cent. About 61 per cent of iPad owners said they would definitely recommend their tablet, compared to 44 per cent of other tablet owners.

THE CANADIAN PRESS

Homebody habits

82%

Tablets may be classified as mobile devices, but people largely use them at home. The survey found 82 per cent used tablets most around the house, compared to just eight per cent at work, two per cent at school or while travelling, and one per cent either in a coffee shop or restaurant, in the car, or on public transit.

Market Minute

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marlin travel

A 'BOONE' FOR BACHELOR DECOR



HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A friend recently visited my apartment for the first time. She made note of my bare, white walls, my mattress lying directly on the floor, my rooms devoid of paintings, plants or pillows and asked: "Oh, when did you move in?"

I paused: "Three years ago."

Her stare was as blank as the walls.

At first I was embarrassed. I thought to myself, "Self, you need to decorate your bathroom with more than a toothbrush. You need more than five spices to spice up your kitchen. In the living room, you need fewer pizza boxes and more pizzazz."

But I changed my mind when I looked online. Most decorating sites showed bachelor apartments that were attractive, yes, but were also huge, immaculately decorated, and overlooking some cityscape or other. These were the kinds of places where you need to use a remote control just to reveal where the TV is hidden. Even inexplicably rich characters on New York-based sitcoms couldn't afford these places. These are, at minimum, lairs for Bond villains.

My embarrassment faded. My current apartment was just fine, thank you.

I still see the value of a nice apartment, mind you, but I think a few easy changes can make all the difference, as you'll see.

John's Tips for Bachelors for Decorating for Cheap for Dummies

How to add a touch of class

Empty wine bottles can look handsome in any living space ... a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

not float, despite the name. Some of us learned the hard way.

4) If you find an infestation of insects, remember that they add personality and much-needed hi-jinx, unless Disney and Pixar have been lying to us all these years, which seems unlikely.

5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."

6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling The Friendly Giant theme all day.

As you can see, making your bachelor pad a happy place is mostly about attitude.

The austere walls of my apartment are minimalist art, I've decided, an unadorned white canvas upon which you can project your great hopes (world peace) or your worst fears (ghost in a snowstorm).

Or perhaps it's a cultural critique of materialism — why do mattresses need elevation, really, except as a sign of our Western insecurities?

Or maybe it's cutting-edge fashion, with the cool, clean lines bringing to mind the futuristic aesthetics of a Constitution-class starship. (Nothing says 'I'm a bachelor' like passing references to Star Trek technology.)

The real trick is seeing things in the right light. So if you still hate your place, wait till night, turn off all the lights, and pretend you live some place better.

And if you're still not happy, there's always Boone's.

1) Empty wine bottles can look handsome in any living space. For instance, a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

2) Don't like the colour of your bathroom tile? Wait.

3) Savvy decorators use floating shelves to show off mementos, such as commemorative quarters or favourite Bazooka Joe comics. IMPORTANT: Please note that floating shelves do

not float, despite the name. Some of us learned the hard way.

4) If you find an infestation of insects, remember that they add personality and much-needed hi-jinx, unless Disney and Pixar have been lying to us all these years, which seems unlikely.

5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."

6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling The Friendly Giant theme all day.



Birds of the weather



CHINAFOTOPRESS/GETTY IMAGES

For all the snow in China

Guard's break shapes up nicely

This man took his eye off the bank he was minding to do something a little more creative. Security guard Du Jinqian made the most of recent wintry weather in Hangzhou, eastern China, and crafted some dainty birds out of snow. During a work break, he built over a dozen snow chickens and one snow goose on the steps of the bank. METRO

Tallying winter's toll

60 cm

Heavy snow has fallen across eastern China, causing disruptions to airports and roads. Some 60 cm of snowfall led to the closure of Nanjing Lukou International Airport for more than 12 hours.

90

Ninety houses collapsed and 114 others were damaged due to heavy snow.

\$13.38M

The resulting economic losses totalled \$13.38 million, China Radio International reported.

Assembly required

At work: Fruit peels and a cocktail stick

To create his avian masterpieces, Jinqian used snow and ice collected from nearby parked cars. The guard added discarded bits of fruit and other food items to form the sculptures' eyes and beaks. Jinqian used what looked like a long wooden cocktail stick to provide the finishing touches to his handiwork. Passersby stopped to take photographs of the guard. METRO

The Hangzhou of it

- **Wealth.** Capital of Zhejiang Province. With its fertile farmland, Zhejiang is China's wealthiest province.

- **Famous visitors.** Marco Polo described Hangzhou as "the greatest city which may be found in this world."

- **'Protestant' work ethic.** Reports claim Hangzhou's famed entrepreneurial spirit is due to the high number of Christians living there.



Register at metropolitanpanel.ca and take the quick poll

Are you concerned the federal government could lose your personal info?



Twitter

@taylorholden: You don't keep bad company, you are bad company.

@different_Chris:

If #ldnont council is so strict on where methadone clinics can't open, they should find places where they CAN."

@RachFee:

Is there some sort of roll up the rim hashtag? The whole world needs to know I'm 1/2.

@DianaCharabin: Ok spill it. Who is going to SXSW? #ldnont peeps or others?

@Chazzie:

#ldnont shouldn't the bus drivers not be talking on their cell phone while driving? Don't take the 4B @ Oxford and Richmond right now

@ChaeTaylor:

I know I'm a #CanadianGirl ...but I HATE #winter #ldnont #di-vapblems lol

Third Thursday: a new monthly art event to add to London's bill



The band Cousins will hit the stage at Museum London's new monthly event Third Thursday. COURTESY/THE COUSINS

Museum London.

Live bands and gallery tours make up inaugural event



BACKSTAGE
PASS

Mila Petkovic
london@metronews.ca

Live music, interactive crafts, gallery tours and pop-up bars are some of the activities you can enjoy at Museum London's new monthly event Third Thursday.

"It's really our attempt at creating an ongoing event for a demographic that is younger — students and young adults," said Matt Thomas, marketing co-ordinator at Museum London.

"We are excited because

Around town

- Art. Don't miss the art opening On This Eve: An Introspective Look featuring Melissa Fernandes. In this series, she explores the angst that can evolve due to the multitude of roles placed on females. The reception starts at 7 p.m. Friday at the Arts Project.
- Music. Music for No One presents The Canadian Romantic Robert Dayton and Hide and Seek Show and Tell Open Stage, a place for artists to experiment with their live sets and meet others to share ideas with. Doors open at 8 p.m. at APK on Saturday. Tickets are \$5.

it's something people can bank on every month."

The event is based on a similar night at the Art Gallery of Ontario in Toronto.

But London's event, only \$5 at the door, has its own flair — starting with guided exhibition tours taking place between live music acts.

Out of Sound Records presents three bands, each

with their own distinct version of garage rock pop. The London band S.M. will play 8 p.m., Confidence Antler, also from London, is on at 9 p.m., and Cousins, on tour from Halifax, will hit the stage at 10 p.m.

Between sets, the public can enjoy guided exhibition tours of Imaging Disaster, a look at contemporary and historical views of nat-

ural and political disasters, Under the Weather, focusing on some of the most extreme weather that London has ever seen, and Wind Work, Wind Play, showcasing more than 30 pieces of wind-powered folk art.

The first tour begins at 7:30 p.m., the second at 8:30 p.m.

Meanwhile, in the Learning Lounge, the public is encouraged to create some artwork of its own. Craft Lab is an interactive workshop led by Sasha Scott, who makes a unique array of crafts from flower pins to thread and nail art.

"It's important to use your hands and remember how to do that stuff you did when you were a kid," said Scott. "It's a chance to get away from your computer screen, relax and have fun with friends."

For Thursday, Scott will

be making pattern paper pinwheels that spin when you blow on them, in keeping with the wind movement theme of the exhibition.

Guests can have a drink and socialize at the nearby pop up bars located on different floors at the museum. There will also be door prizes and a chance to win two tickets to the Domestic Arrivals Festival of Canadian Film taking place next weekend.

"This event is a new way to experience what Museum London has to offer," said Thomas.

"It brings music and art making into one night that you can count on. You can plan to have a really unique experience every third Thursday."

The all-ages event starts at 7 p.m., tickets are \$5 at the door.

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Man claims daughter is Spears' ghost singer on new album

Britney Spears is no stranger to charges that she lip-syncs during concerts and awards show performances, but now the former *X Factor* judge is accused of lip-syncing in the recording studio, according to *Star* magazine. "My daughter sings for Britney Spears," Murray Langston tells the magazine, claiming that his daughter, Myah Marie, sang seven songs for Spears on her *Femme Fatale* album — and was only paid \$1,000 per song. "The truth is, Myah can sound just like her. She has a knack."



Britney Spears ALL PHOTOS GETTY IMAGES



Alec Baldwin

Baldwin denies racist spiel against photog

Alec Baldwin is vehemently denying allegations that he peppered a paparazzo with racial epithets during a heated exchange outside his Manhattan apartment, according to *E! News*. A photographer working for the *New York Post* claims that Baldwin called him "a crackhead," "a coon" and

"a drug dealer" during the altercation. "The claim of racist remarks is one of the most outrageous things I've heard in my life," Baldwin says. "I've certainly had my moments. But this is not one of them. I don't think I've ever uttered a racial epithet to someone in my lifetime."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



MAC and Rihanna team up

THE WORD
Dorothy Robinson
scene@metronews.ca

Face it, this is Rihanna's moment. The pop star dazzled in *Azzedine Alaia* at the Grammys, made headlines with her controversial date, Chris Brown, and launched her first collection with U.K. high street retailer River Island during London Fashion Week. Yesterday — on her 25th birthday, no less — it was announced that she's teaming up with MAC cosmetics on four collections that will hit stores later this year. It's the first time the cosmetics

giant will collaborate with one celebrity on multiple lines.

According to an exclusive interview with *WWD*, the first product up will be RiRi Woo, a lipstick inspired by MAC's best-selling red, Ruby Woo, Rihanna's favourite.

So how does the pop star feel about all the multi-tasking? "Being creative is something that I love, so I can put that into different outlets. Music happens to be the first thing that I gravitated to and now music opens doors to just so many different opportunities — they all tie in," she says. "My makeup looks, my fashion looks ... they help me to express myself as an artist. I think it helps people to understand me or my mood, my story."

Did you hear that? Apply RiRi Woo and apparently you'll understand why she's still with Chris Brown.

Twitter



@TheRealRoseanne

giving my first interview to high times this week.



@Rosie

We Stanley steamed a carpet - and now the house smells like my Nanas toni home perm - from 1971



@Pink

Mary Poppins is f---ing incredible. Still. Julie Andrews dammit. You just made my lullabies look like a sad sad semi-hoarse karaoke sesh.



@AlbertBrooks

"Can't wait to see *A Good Day to Die Hard*" said the man who fell off a motorcycle and really hurt his brain.



Mila Kunis

Kunis game for a That '70s Show reunion

If Mila Kunis' current relationship with Ashton Kutcher didn't make it clear enough, the actress says that yes, she is up for a full-on *That '70s*

Show reunion. "I'm more than game for it," she tells *E! News*. "I've said it before, I would love to do it. Why not? I loved it. It was eight years and they were eight amazing years of my life." The kitschy sitcom went off the air in 2006 after airing 200 episodes. Kunis and Kutcher continue to be the most successful members of the show's young cast.

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A model walks the runway at the Vivienne Westwood Red Label show during London Fashion Week Fall/Winter 2013/14 at the Saatchi Gallery on Sunday. IAN GAVAN/GETTY IMAGES

Twitter



JEANNE
SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Poor Gus! Had to forego the park today cuz we're both slip slidin' away

@Michellehnilica: Dressed in style like his mom!

@kirstenreader: The cutest sad puppy face!

@totalburchmove: met @jeanne_beker today. new life goal: have a fraction of her genuinely wonderful self-possession for a fraction of a moment.



Welcome to the wild world of Westwood

Vivienne Westwood.

The designer gives Metro a pre-show interview during London Fashion Week

RICHARD
PECKETT

life@metronews.ca

Well, aren't London's galleries having a moment in London? Playing host are Tate Modern, Tate Britain and now the Saatchi Gallery in swanky Chelsea. The area is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s.

I'm here to speak to Vivienne Westwood. Easier said than done, seeing as the PR reps have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) and then she arrives. Has anyone been this excited to spend just a few minutes with a 71-year-old dame? I doubt it.

What kind of statement are you trying to make with this collection, particularly in relation to Julian Assange?

This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "quality is more important than quantity." Buy less,



Designer Vivienne Westwood wearing a Julian Assange T-shirt.
IAN GAVAN/GETTY IMAGES

Are you anti-capitalism?

I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things, which is to manufacture so a few people can cream off the profits, destroy the earth and destroy the livelihoods of everybody else in the world.

Juergen Teller's latest exhibition features nude images of you. Do you find nudity liberating?

Well, thank you for the question. The thing is, I've worked with Juergen quite a bit. I do a lot of things for other people and Juergen asked me and of course I owe him a favour. He's a great photographer and we've had wonderful results from his stuff. And I must say that I'm quite honoured by the photographs — they are alright.

Would you ever do an interview naked?

No, not unless ... no, not even for Juergen. There's no point, is there?

To what extent is sex a factor in your work?

Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

The Kit

Canadian street style

Spotted in: Halifax

Tosan Ikomu,
Student

Age: 23

What she's wearing

Scarf from Ethiopia, Vagabond vintage coat, Guess jeans, Winner purse, Aldo boots.



Her inspiration

"I usually dress according to how I'm feeling, but this outfit was inspired by what a friend was wearing yesterday."

THE KIT PHOTOBLOGGER:
MEGHAN TANSEY WHITTON,
FASHIONEASTHALIFAX.COM

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Entertain indoors or out in style

Entertaining outside hasn't quite arrived in Canada, but checking out what's new in summer entertaining gear is making me pray harder for the warm weather to come as soon as it can. This spring, look for bright citrus or Moroccan colours, a variety of matte and glossy finishes and inventive design styles being offered with acrylic and melamine tabletop. Chic looking enough to use inside or out, but with a price that won't break the bank, there's no excuse for boring summer entertaining. Get into the stores and stock up on some fun outdoor party gear and host a pre-summer patio party indoors — a great way to test some summer cocktails in style.

KARL LOHNEs
life@metronews.ca



Stackable beverage dispenser with ice keeper

Serve a variety of chilled, pre-mixed drinks with an acrylic portable beverage station this spring; a great item for outside, but think of its year-long conveniences next Christmas too. \$80, thebay.com.



Clothespin Chopstick

Add some exotic, yet practical flair to your outdoor picnics with CB2's easy-to-use version of the chopstick. Yes, even grandma can now eat sushi. \$5, cb2.com.



Rhode Acrylic Goblet

Modern and durable, smoke-coloured drinkware add a sophisticated statement to the outdoor table. \$6.50, crateandbarrel.com.



Zak Orange Dinnerware

Bright citrus-coloured melamine dishes add a punch of satin colour to the table. \$5 to \$7 each, bedbathandbeyond.ca.



Zebag Wine Bottle Carry Case

Carry and display your wine in high style, this Zebag Wine Bottle Carry Case rolls out to display your wine. \$70, thebay.com.



Viva Collection Tray

Exotically colourful trays add a punch of style to the table. \$25, sears.ca.

What lurks in food dyes? Try making your own

How do I make my own food dyes?



QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Artificial food colouring — found in a variety of pre-packaged foods and purchased in plastic bottles to make baking technicolour — has been a cause for concern since the 1970s.

Although the potential effects linked to food colouring include scary associations — brain cancer and thyroid tumours —

one commonly cited critic is an allergy-like reaction that causes hyperactivity.

Recurrent adverse health effects in the U.S. shrunk the list of approved food dyes from 15 in 1938 to the seven that remain today and although they've recently called for more research in this area, for now, the FDA holds that the food dyes on the market are safe. Health Canada concurs.

But not everybody does. A 2007 British study found that healthy children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. In the U.K.,

foods containing artificial colours must now display warning labels.

Moreover, concerned individuals — especially parents — are taking action. The average kid-diet is loaded with food dyes, but the industry lacks in standardized labelling practices, leaving consumers to fend for themselves.

So what's a proactive citizen to do when occasions call for pink cupcakes? Some people are turning to organic foods, which by definition are free of synthetic dyes. Others are voicing their concerns to food manufacturers and elected officials.

Still others are taking a DIY

approach and making their own food dyes. It's easier than you think.

Easter's around the corner and the pastel hues of spring are the perfect trying grounds for homemade food dyes, which generally have a less vibrant tone than their artificial counterparts.

Use these recipes to colour frosting or bake into a favourite treat. Because natural food dyes are less concentrated than synthetic dyes, you might need more colour than usual to achieve your desired tone. Reduce other wet ingredients slightly to avoid soggy results.

Regardless of colour, the

steps are the same.

Method 1

In a pot combine any of the following colourful foods — chopped or grated — with just enough water to cover it. Bring to a boil for 15 minutes. Drain and cool. This results in a mild colour and almost no residual flavour.

Method 2

Juice or puree any of the following ingredients. This results in a more intense colour, and also a more intense flavour!

Red/pink: Beets, cranberries or raspberries (fresh or frozen), red zinger tea.

Yellow/orange: Carrots, onion, turmeric or saffron (Do not boil



There is still a debate about the health effects of FDA-approved food dyes. ISTOCK IMAGES

spices. Mix with water to make a thick paste.)

Green: Spinach (puree it, don't cook it), matcha powder, liquid chlorophyll

Blue: Blueberries (fresh or frozen)

Purple: Red cabbage



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Matt Muenster is host of DIY Network Canada's Bath Crashers. HANDOUT

Bathrooms: the space that deserve as much TLC as you do

Peace, love, bathe. Those little extras count for so much more in the bathroom

Though creating an in-home oasis can be stressful, it will pay off with long relaxing bubble baths in your newly re-vamped getaway. Embrace you inner Matt Muenster, host of Bath Crashers, and create your dream bathroom with a few simple tips.

Bathrooms tend to have minimal storage space for those unsightly toiletries. Add wall shelving where you can to display your more attractive bathroom accessories as well as things you use daily (lotion, hair accessories).

If you are blessed with a larger washroom, consider adding a storage bench or cabinet. This can be customized to reflect your own styl-

ish flare and create extra space for items such as towels and/or blankets.

Bathrooms are the room in your home that people use most, including guests, so why not incorporate some unconventional decor to set you apart. Wall art and paintings are an easy fix.

"Wall candy" is a new trend and an amazing way to bring in a modern and fun twist (most art stores and big-box stores carry these items). You simply peel off the art and stick it to your wall. Voila! Paintings are an effortless way to add personal taste to your bathroom.

You can also add some humour to the room with bathroom-themed art such as outhouses to inject personalty.

The little extras count in the bathroom and can add big style points. Beautifully crafted candles, potpourri, and fresh cut flowers intro-

duce natural scents that are inviting to those who enter.

Other decor items can include a small radio to play relaxing music while taking a bath, a heat lamp to keep things toasty while getting dressed (as well your cats will love you), his and hers towel racks (kids can have their own too), and bathroom themed knick-knacks for your newly installed shelves.

Refresh your colour scheme by buying new towels, rugs, bath mats, shower curtains and cloths.

When creating a modern washroom it's important to consider a mix of materials such as wood, glass and ceramic.

This will please all eyes and tastes in your home. You may even inspire bathroom visitors for their next home DIY project.

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Savoury and saucy: Hunter's Chicken with Creamy Polenta

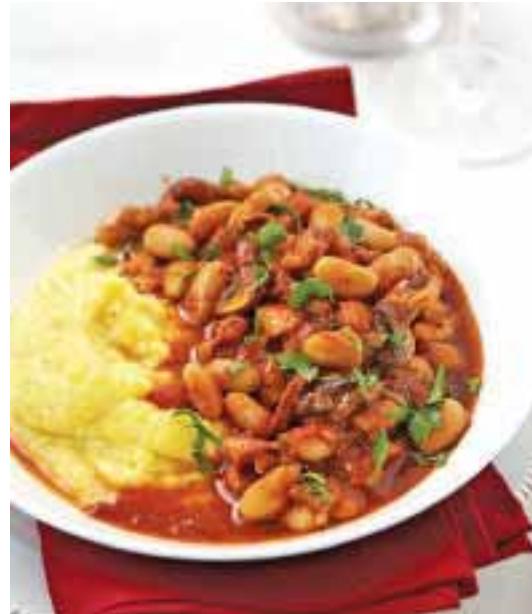
"Perfect for a cold night, this stew offers plenty of protein from the chicken and beans," write the editors of The Affordable Feasts Collection. "Polenta is the ultimate inexpensive side dish."

1. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; brown chicken, about 8 minutes. Transfer to plate.

2. In same skillet, heat remaining oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, for 3 minutes.

3. Stir in chicken broth, tomatoes, beans, tomato paste, Italian herb seasoning, salt and chicken and any accumulated juices; bring to boil. Reduce heat and simmer until thickened, 15 minutes. Stir in parsley.

4. Polenta: Meanwhile, in saucepan, bring 6 cups water to boil. Whisk in cornmeal, salt and pepper; simmer over



This recipe serves four. JEFF COULSON

medium-low heat, stirring often, until thick and stiff to stir, 10 minutes. Stir in butter.

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Ingredients

- 1 tbsp olive oil
- 8 boneless skinless chicken thighs, cut in 1-inch (2.5 cm) chunks
- 1 onion, chopped
- 8 oz (225 g) button mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup sodium-reduced chicken broth
- 1 cup bottled strained tomatoes (passata)
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp Italian herb seasoning
- Pinch salt
- 1/4 cup chopped parsley

Creamy Polenta

- 1 2/3 cups cornmeal
- 1/4 tsp each salt and pepper
- 1/4 cup butter, cubed

Side. Roasted Roots Salad



This recipe serves six. YVONNE DUIVENVOORDEN

"Get back to your roots, but don't boil them — roast your in-season winter vegetables instead," suggest the editors of The Affordable Feasts Collection. "Serve with roasted meat, poultry or fish."

1. Trim tip off garlic and cut beets, carrots, sweet potatoes and celery root into 1-inch (2.5 cm) cubes; place in large bowl. Add oil, salt and pepper; toss to coat. Spread on large greased or foil lined rimmed baking sheet; roast in 425 F (220 C) oven, stirring once, until tender and potatoes are golden, 45 minutes.

2. Dressing: Squeeze roasted garlic pulp into salad bowl.

Add mint, oil, vinegar and salt; mash together. Add vegetables; toss to coat. Serve hot.

Ingredients

- 1 head garlic
- 4 beets, peeled
- 4 carrots, peeled
- 2 sweet potatoes, peeled
- 1 celery root (or 4 potatoes), peeled
- 3 tbsp olive oil
- 1/2 tsp each salt and pepper

Dressing

- 1/4 cup chopped fresh mint (or 1 tsp dried)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp salt

Cookbook of the Week

Eats that are easy on the wallet



When there's no room in your budget for luxuries, you can still eat like royalty at home, thanks to The Affordable Feasts Collection by The Canadian Living Test Kitchen.

Each chapter of the book focuses on a specific type of ingredient that's always reasonably priced: Red Meat, White Meat; Eggs, Beans & Tofu; Pasta, Noodles & Rice and Hearty Vegetables. As a result, among the affordable delicacies are: Steak alla Pizzaiola, Pork Chops with Peppered Apples, Grilled Peanut Tofu Salad, Italian Stovetop Mac & Cheese, Sweet Potato Perogies and more.

METRO

Escape the cold with Hearty Beef Stew

"Beef Stew is one of the most requested Canadian Living recipes," write the editors of The Affordable Feasts Collection. "If you're making the slow cooker variation and time is of the essence, you can skip browning the meat and just put it directly into the slow cooker."

1. Trim and cut beef into 1-inch (2.5 cm) cubes. In plas-

Slow Cooker Version

Increase broth to 2 cups. In large skillet, heat oil over medium-high heat; brown beef, in batches. Transfer to plate. In 18- to 24-cup slow cooker, crush tomatoes with potato masher. Add onions, sweet potatoes, potatoes, celery, bay leaves, Italian herb seasoning and beef; pour in 2 cups of the broth. Cover and cook on low until beef and vegetables are tender, 10 to 12 hours. Add peas, salt and pepper. Whisk flour with remaining broth; stir into stew. Cook, covered, until thickened, about 15 minutes. Discard bay leaves.

tic bag, shake together beef, flour, salt and pepper; reserving remaining flour mixture, remove beef. In Dutch oven, heat 2 tsp of the oil over medium-high heat; brown beef, in batches. Transfer to plate.

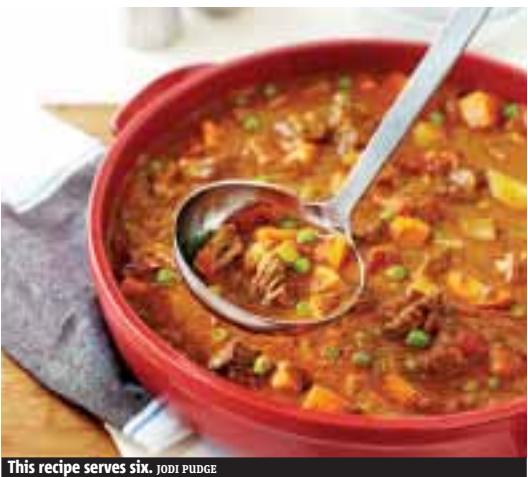
2. Add remaining oil, onions, Italian herb seasoning, bay leaves and reserved flour mixture to pan; cook over medium-low heat, scraping up browned bits, for 5 minutes. Return beef and any accumulated juices to pan.

3. Using potato masher, crush tomatoes; add to pan along with sweet potatoes, potatoes, celery and broth. Bring to boil; cover and simmer over medium-low heat or cook in 325 F (160 C) oven, stirring occasionally, until beef is tender, about 2 hours. Uncover and cook until slightly thickened, about 15 minutes.

4. Stir in peas. Discard bay leaves.

Ingredients

- 1 1/2 lb (675 g) stewing beef cubes
- 1/2 cup all-purpose flour
- 1/4 tsp each salt and pepper
- 1 tbsp vegetable oil
- 2 onions, cut in wedges
- 1 1/2 tsp Italian herb seasoning
- 2 bay leaves
- 1 can (28 oz/796 mL) whole tomatoes
- 2 cups chopped peeled sweet potatoes
- 2 potatoes, peeled and chopped
- 2 ribs celery, chopped
- 13/4 cups sodium-reduced beef broth
- 1 cup frozen peas



This recipe serves six. JUDI PUDGE

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NHL

Rough day for Ruff in Buffalo

Buffalo Sabres coach Lindy Ruff was fired on Wednesday after the team's latest slow start to the season and amid growing criticism from the team's fan base.

The announcement was made on the team's Twitter account and confirmed on Wednesday.

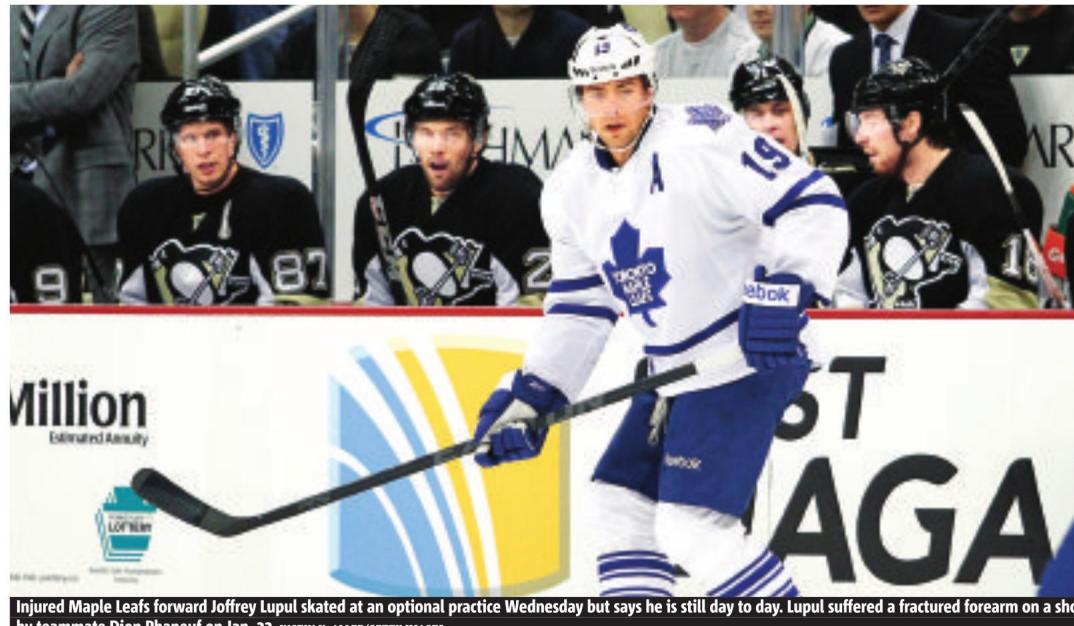
The Sabres (6-10-1) have gone 4-10-1 since opening the season winning their first two games.

In his 16th season in Buffalo, Ruff was the active leader among NHL coaches with the same team. Ron Rolston, who was coach of the Sabres' AHL Rochester affiliate, will finish out the season as Buffalo's interim coach. **THE ASSOCIATED PRESS**



The Sabres fired head coach Lindy Ruff on Wednesday.

GETTY IMAGES



Injured Maple Leafs forward Joffrey Lupul skated at an optional practice Wednesday but says he is still day to day. Lupul suffered a fractured forearm on a shot by teammate Dion Phaneuf on Jan. 23. **JUSTIN K. ALLER/GETTY IMAGES**

Leafs not rushing back Lupul, Reimer

NHL. Toronto's relatively successful start means more patient approach to injured forward, goalie

sumed skating — he worked mostly with skating consultant Barb Underhill and didn't take any shots — he has no timetable for his return.

"I've never had this injury before so it's kind of just day by day," Lupul said. "It's just nice to be back skating, it has been a while."

"I'm trying to get back to basics to make sure everything is going in the right direction."

Also on the ice Wednesday was goaltender James Reimer, who suffered a left-knee injury Feb. 11 against Philadelphia. Reimer skated and repeatedly went down into the butterfly without hesitation to handle shots but could also be seen hunched over at the waist, his head hanging down, between drills or during water breaks.

Reimer's body language certainly suggested his knee

wasn't responding well to the workload. But the Leafs' starting goalie didn't speak to reporters about it afterward.

Lupul was hurt Jan. 23 in a 5-2 road win over Pittsburgh when hit by teammate Dion Phaneuf's shot on a power play while standing in front of the Penguins' net. The injury came days after Lupul signed a five-year, \$26.25-million contract extension with Toronto.

"It was just bad luck, the puck hit me kind of in between some of my padding and got my arm," Lupul said. "If it's just a couple inches up it hits me in the elbow pad and everything is fine."

"Bad luck but what can you do? The team is playing great and giving me the opportunity to take care of this and make sure I come back 100 per cent."

THE CANADIAN PRESS

Easier on the sidelines

Despite a 4-2 setback to Tampa Bay on Tuesday night, the Leafs (10-7-0) have enjoyed a solid start to the shortened season.

- Toronto's early success has allowed Lupul the luxury of time to ensure his injury is fully healed when he returns to the lineup.
- "It does make it easier to recover and make sure that everything is going at the right pace," he said. "There are times when if a team was struggling you'd kind of take it upon yourself to maybe hurry back and come back before you're truly ready."

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Lefty with 'funky' delivery vies for Jays bullpen spot

MLB. Aaron Loup, named last season's Jays rookie of the year, competing for limited openings in the pen

Asked about Aaron Loup's delivery and Jays pitching coach Pete Walker laughs before offering up "funky."

The Louisiana left-hander throws somewhere between side-armed and the normal overarm motion, releasing his ball about shoulder height. It's an effective style that has allowed the 25-year-old to skip Class-AAA ball altogether.

"Very, very difficult for left-handers to hit," said Walker. "It's no fun for a left-hander to stand in there. But he's equally effective against right-handers. So he's got a different delivery, unorthodox and one very difficult to pick up the ball."

"Hitters aren't used to seeing that," added manager John Gibbons. "Especially lefties. It's

Quoted

"He's rare.... He really wasn't on the radar the year before and just blossomed last year."

Blue Jays pitching coach Pete Walker on left-handed pitcher Aaron Loup

a different look and any time you can throw different looks out there, that gives you an advantage."

Add "sneaky fast" to the funky delivery. Loup threw consistently in the low 90s last season, with his fastball as high as 94 and 95 miles per hour.

Loup was called up mid-season in 2012 from Class-AA ball in New Hampshire and went 0-2 in Toronto with a 2.64 ERA, 21 strikeouts and just two walks in 30 2/3 innings.

The injuries that plagued the Jays pitchers last year opened the door to the big leagues for Loup. And some earlier pitching refinements — dropping his delivery — helped him excel when he got there.

He made his debut at home to the Cleveland Indians on July 14, going two innings without giving up a hit despite some major-league nerves.

"It was awesome," he said.

Listed at five foot 11, Loup is the shortest of the 22 pitchers currently in camp. Next to six-foot-seven Josh Johnson, six-foot-six J.A. Happ or six-foot-five Steve Delabar, Loup is like the little brother just happy to be with the big boys.

Loup probably finds himself vying against Brett Cecil and Happ for a bullpen spot, depending on what role the Jays are looking to fill.

Gibbons sees Loup as a situational pitcher, brought in to take care of immediate business. Cecil can provide multiple innings while Happ is a starter who has been squeezed out by the additions of R.A. Dickey, Mark Buehrle and Johnson.

"How it best fits the team, how it all stacks up down there is really what it's going to come down to," Gibbons said of the battle to be the last leftie.

THE CANADIAN PRESS



Toronto Blue Jays pitcher Aaron Loup throws at spring training Wednesday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

IOC decision fallout

Bulgarian wrestler to return medal

Top Bulgarian wrestler Valentin Yordanov has said he will return his Olympic gold medal to protest the IOC decision to drop wrestling from the Olympic program.

Yordanov, 53, announced his decision Wednesday to return his gold medal in his 52-kilogram freestyle category from the 1996 Atlanta Olympics.

The seven-time world champion says the combined efforts of all national federations would help keep wrestling's

deserved place in the Olympic Games.

Bulgarians have won 16 Olympic titles, making wrestling the most successful Olympic sport in the Balkan country.

Also on Wednesday, President Vladimir Putin's spokesman says Russia will do all it can to persuade the International Olympic Committee to keep wrestling in the Olympics.

According to Russian news reports, Dmitry Peskov says Russia will work with the IOC "at all possible levels" to argue against the move to drop wrestling.

THE ASSOCIATED PRESS

Armstrong won't talk to USADA under oath

Lance Armstrong will not interview under oath with the agency that exposed his doping and took his seven Tour de France titles.

The U.S. Anti-Doping Agency told Armstrong he would have to reveal all he knows about doping in cycling — a process officials expected would take several days — if he wanted to reduce his lifetime ban from sports.

Armstrong attorney Tim Herman said Armstrong "will not participate in USADA's ef-

International tribunal

Armstrong's attorney said the cyclist is willing to participate in an international effort to clean up cycling, an effort that has broken down in spats between the International Cycling Union and the World Anti-Doping Agency.

orts to selectively conduct American prosecutions that only demonize selected indi-

viduals while failing to address the 95 per cent of the sport over which USADA has no jurisdiction."

USADA chief executive Travis Tygart said the agency had expected Armstrong would agree to talk and would be "moving on" without him.

Armstrong admitted last month that he doped to win the Tour de France after the USADA released a report that detailed extensive doping on his Tour-winning teams.

THE ASSOCIATED PRESS

MLB

Jays stock up on gloves

Knuckleballer R.A. Dickey has his glove for the season. And a backup.

But he couldn't resist a peek when the Rawlings Sporting Goods reps came to Blue Jays camp with an array of colourful goodies.

"I just like to see what new gloves they have," the 38-year-old Dickey admitted. "I mean, that's kind of fun. What kid doesn't like a new glove?"

Not many Jays, it seems. Most have a number of gloves packed neatly in their lockers stalls.

The Toronto players had their picks of a smorgasbord of Rawlings gloves. The company reps — order books in hand — had some 100, in all colours and styles, neatly arranged across two tables outside the clubhouse.

It was hard to miss the red-orange glove (they call it rorange) or the light orange (dubbed lorange).

"We don't get a whole lot of those (orders) but they're fun to talk about at least," said Mark Kraemer, senior sports marketing and licensing manager for Rawlings, based in St. Louis.

Several players did ask for the hard-to-miss gloves, perhaps more to have than play with.

"I don't know how many you'll actually see on the field," Kraemer acknowledged. THE CANADIAN PRESS



R.A. Dickey THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

You are the forgiving sort? Probably not, but it will pay you to be a little less judgmental today, especially with people who are not as sharp-witted as you. Not everyone can be an Aries now, can they?

Taurus

April 21 - May 21

It would be nice if everyone was as honest and open as you, but they're not. So, take people as you find them and make allowances for those who fail to live up to your standards — that's just about everyone.

Gemini

May 22 - June 21

It will dawn on you today that some people don't want to be helped. So what's the problem? If others want to wallow in their own despair just let them. It's not really any of your business after all.

Cancer

June 22 - July 23

Let your imagination lead you in new directions today. As you think now so you will be later on, so give your mind permission to roam and don't worry that you may not accomplish much of a practical nature.

Leo

July 24 - Aug. 23

Put other people's needs ahead of your own today, even if you end up out of pocket. A few dollars here or there won't make much difference to you but it could make all the difference in the world to them.

Virgo

Aug. 24 - Sept. 23

If you have not yet reached your goals don't give up hope — and certainly don't blame it on other people. Be honest with yourself about where the blame lies and redouble your efforts over the next few days.

Pisces

Feb. 20 - March 20

Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. **SALLY BROMPTON**

Libra

Sept. 24 - Oct. 23

You have everything to look forward to and nothing to fear. No, really! Whatever the reason for your doubts and fears, you must not waver from the tasks you have set. Keep going. You're almost there.

Scorpio

Oct. 24 - Nov. 22

Someone who fears or resents you will place obstacles in your path today and you would not be human if you did not feel a bit angry about it. But don't let your feelings show because that's what they are hoping.

Sagittarius

Nov. 23 - Dec. 21

Someone you love is finding it hard to make sense of their feelings. You, of course, have no such doubts and may be puzzled by their dilemma. Don't make fun of them though. They think it is deadly serious.

Capricorn

Dec. 22 - Jan. 20

You need to cut back on your commitments. According to the planets, you have taken on too many responsibilities of late — few of which are doing you good. It's time to be kind to yourself and ease off a bit.

Aquarius

Jan. 21 - Feb. 19

It might be best not to make any major decisions over the next 24 hours as the planets suggest you don't really know what you want. Leave it a couple of days and you are less likely to make a costly mistake.

Pisces

Feb. 20 - March 20

Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. **SALLY BROMPTON**

Crossword: Canada Across and Down

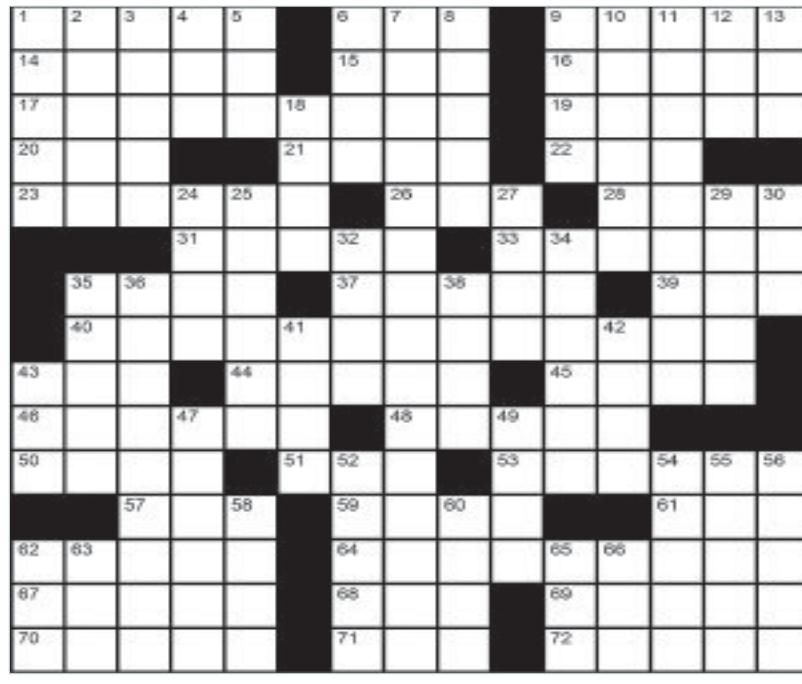
BY KELLY ANN BUCHANAN

Across

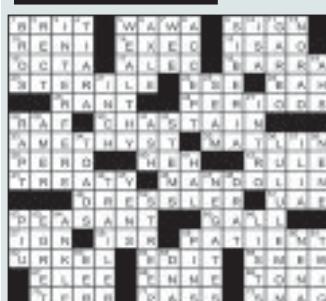
- Church members
- "Survivor" network
- Singer/guitarist Colin
- Outer's opposite
- Ad __ committee
- Kind of clover
- Movie company founded in Vancouver in 1997
- "Your show's starting!": 2 wds.
- Go from __ B
- Once __ a time...
- Geog. coordinate
- __-14 dating
- Marked the ballot's little square box
- 'Prem' suffix (Movie's first showing)
- Monday: French
- Reflection giver
- Kilt wearer
- Caper
- Writer Mr. Fleming
- "Sweet Jane" band helmed by Margo Timmins: 2 wds.
- Writer Mr. Capote, to pals
- Map detail
- "Meet Me ___. Louis" (1944)
- Rant
- More sweet
- Alphabet sequence
- TV __
- Goodies
- Sequence, for short
- Petty quarrel
- Egg mass
- "The __ a man's heart...": 2 wds.
- Alberta's provincial bird, Great
- Oscar-winner Tatum
- 'Carot' completer
- "Wake Up Little __" by The Everly Brothers
- Like a Viking
- '60s hallucinogenic
- MTV target audience

Down

5. Decade divs.
6. Gent
7. They're used to smooth frown lines: 2 wds.
8. Vista
9. Prison
10. Aquila constellation's brightest star
11. Whodunits
12. __-friendly
13. Li'l Ottawa hockey player
2. Rita Moreno's role in "West Side Story" (1961)
3. The Koh __ Diamond
4. Five + Five's total
5. Decade divs.
6. Gent
7. They're used to smooth frown lines: 2 wds.
8. Vista
9. Prison
10. Aquila constellation's brightest star
11. Whodunits
12. __-friendly
13. Li'l Ottawa hockey player
18. Fashion mentor Tim of "Project Runway"
24. Setback
25. Win at the auction
27. Music key, __.
29. Jokes-filled celebrity tribute
30. 'North' suffix
32. __ of Thunder" (1990)
34. More yucky
35. Theatre curtain fabric
36. Montreal Canadiens great, Yvan __
38. Ballerina's garb
41. Singles
42. Concerning, on a memo: 2 wds.
43. Final amt.
47. Really big veins
49. Talk to ya later, e-mail-style
52. Archie Comics character
54. Sprang up
55. Haul a car to the garage: 2 wds.
56. Tennis great Monica
58. Chiquita competitor
60. Wilma's hubby
62. Got the gold
63. 'Volc' ender (Lava spewer)
65. Approx.
66. __ South"



Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	6	4	9	8	3	2	6	7
2	3	9	6	5	7	4	1	8
5	8	7	4	2	1	9	6	3
7	2	5	3	6	8	1	4	9
3	9	6	1	4	5	7	8	2
4	1	8	2	7	9	6	3	5
9	5	1	7	3	4	8	2	6
8	7	2	6	1	6	3	9	4
6	4	3	8	9	2	5	7	1

7	3	4	6	9
	5			8
2			1	3
4	7		3	6
		1		
8	1		2	5
5	7			6
6		5		
3	9	4	1	7

Today

-6°/-12°
Partly cloudy

Friday

* -1°/-3°
Flurries:
60%

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IT FEEL
TO BE

8

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POVERTY?

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and together we
can change lives.

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**"What happens if we
get evicted and I have to
switch schools again?"**

**"My mom works
two jobs.
It's hard doing
homework alone."**



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